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CHOLERA MORBUS.

*The best means of avoiding this dreadful Disease
are,—*

1.—To be very clean in your person, and house, and round about it. Open the windows of your house, and particularly of your bed-rooms daily.

2.—To keep your families as clean, and feed them as well as you can, and clothe them comfortably warm. All who have Cholera Belts should wear them.

3.—To lead a regular and sober life. Drunkards are among the first attacked, and likeliest to die.

4.—To take no sour drink or food, to be sparing of vegetables, and only eat such as are well boiled.

5.—To be careful not to catch cold, not to overload the stomach, and to keep your bowels regular. Indigestion, however produced, predisposes the body to this disease. A little compound rhubarb pill is a better medicine for the bowels at this time than salts or senna, which should be avoided. Do not remain in wet clothes, or with wet feet, nor be out of doors after night-fall.

6.—To preserve a cheerful state of mind, and not to give way to fear or anxiety.—A firm con-

fidence in the superintending care of Divine Providence will materially contribute to preserve any one from this fatal visitation.

The First Signs of this Complaint are,

In a great majority of cases, looseness of the bowels, with some degree of dizziness and trouble in the head. If the complaint is not stopped in this stage,—vomiting, severe purging, cramps and a deadly coldness will succeed. When the cold or collapsed state has come on, the person is in great danger.

What is done in this Complaint should be done quickly.

If people would attend to the first symptoms, there would be few deaths from Cholera.

When any one, at the time the Cholera is in his neighbourhood, is attacked with purging without any known cause, he should immediately take an Emetic, and after its operation, put his legs and feet into a pale of warm water for half an hour, and go into a warm bed. When his stomach is settled, he should take Castor Oil, Laudanum, and Brandy, in quantities proportioned to his age and strength. A full grown man, or stout woman, may take a table spoonful of Castor Oil, 20 or 25 drops of Laudanum, and two tea-spoonsful of Brandy. A young person of 14 years may take half; and a child of 7 years one third of those quantities. If the purging is not checked in six hours after taking this dose, or if cramps arise in any part of the body, let a Medical man be immediately sent for. Danger may

be nigh at hand, and the assistance of a skilful doctor will be quite necessary. The sick person should be kept warm in bed, and if there are griping pains, or flatulence, hot flannels or bladders half filled with hot water should be applied to his belly.

It is our duty to do all we can to save our own lives, and those of our fellow creatures. For this end it is very necessary to keep the mind free from alarm. Now there is no way so sure of warding off the fear of death as the answer of a good conscience towards God, and the hope of forgiveness and life eternal through Jesus Christ our Lord. I beg of you, therefore, to think seriously of your spiritual state, and to endeavour to ascertain whether, if it should please God to call you away at this time, you might have a good hope founded on the eternal truth of God's word, that you would be saved through Jesus Christ. This is the most needful inquiry that you or any human being can ever make. No concern can be of equal importance to you as the salvation of your soul in eternity. With this truth deeply impressed upon your mind, read the questions which follow, deliberate upon them, and examine yourself closely upon each of them; and while you are doing so, lift up your heart to God in earnest desire that he may shew you true religion, in its nature and tendency, if hitherto you have not seen and known it; may enable you to embrace it, and to derive peace and comfort from an heartfelt experience of its saving and sanctifying effects.

Questions.

1. Have you seen yourself, by nature and by practice, a lost and helpless sinner, wholly unable, by reason of the sin that dwells in you, to save and deliver yourself, and that you must be altogether indebted to Christ for salvation, and to the aid of the Holy Spirit for ability to perform any duty in a manner acceptable to God?

2. Is your hope of acceptance with God founded on Christ alone? Do you believe in him, trust in him, and regard him as your only Saviour and your Lord?

3. As far as you know yourself, do you hate and desire to be delivered from all sin, as that which is hateful to God, and ruinous to your own soul? Do you make no exception even of a favourite lust? But do you pray to be delivered from all sin? Do you watch against it, and in some degree get the master over it? Have you so repented of the sins whereby you have offended God, as really to have your soul set against them?

4. Do you earnestly desire to be more and more conformed to God, and his holy laws? And are you resolved, in dependence on divine aid, conscientiously to perform your whole duty to God, to your neighbour, and to yourself?

5. Do you make conscience of secret prayer daily? Have you set times for performing this duty, and do you pray sincerely and earnestly, as one who feels his wants, and longs for the blessings he asks?

6. Do you, as you are able, read and *lore* to

read the bible, and do you endeavour to have both your heart and life conformed to its doctrines and precepts ?

7. Is it your prevailing desire and endeavour to grow in grace, and in the knowledge of Christ your Saviour more and more ? and as a principal means of promoting true religion in the soul, and because it is GOD'S COMMAND that we should "keep the SABBATH DAY HOLY," do you make it a point of conscience, so to arrange your family concerns as to allow your whole household to serve God on his own day, both in the congregation, and by attention to private religious duties ? And do you lead them in this good way, both by your example and counsel, attending with them on the worship of God at church, and calling them together for family reading and prayer ?

If you are able, by God's grace, to answer these questions in a manner satisfactory to your own conscience, informed by the word of God, happy are you—"The peace of God, which passeth all understanding, shall keep your heart and mind through Christ Jesus."—"You shall not be afraid for any terror by night, nor for the arrow that flieth by day ; for the pestilence that walketh in darkness, nor for the sickness that destroyeth at noon day."

But if you are constrained to acknowledge that such principles and practices are altogether strange to you, and have neither influenced nor occupied your heart or life, then let me exhort you, as you value your present peace and future happiness, to cultivate them by a diligent use of all those means which God has mercifully or-

dained to promote your growth in grace and holiness.

Remember that prayer, both public and private, reading the Word of God, watchfulness, and self-examination are the great means of growing in grace, and obtaining comfort in religion. In proportion as you are exact and faithful in these will usually be your growth in grace, and inward peace. Let me exhort you to practise them with devout seriousness and constancy, and never to cease doing so while you live.

A PRAYER.

O ALMIGHTY God, who has visited this Nation with an awful Pestilence, by means of which a great number of persons have suddenly been cut off, and sent into eternity, and hast now brought the plague nigh unto our own dwellings ; to whom or to what shall we look for safety and deliverance but unto thee, the Lord our God ! Thou hast been our protector from our youth up until now. O forsake us not in this time of danger and difficulty, but enable us to trust in Thee, and on good grounds to hope for thy mercy and salvation.

But let not any of us deceive ourselves by thinking that we are in Thy favour when we are not. I have been examining myself, and find, alas ! that I have grievously neglected the great salvation provided for me, and have followed my own evil will, and forgotten Thee, my God. But, O Lord, I now turn to Thee, with my whole heart, and earnestly pray that I may repent and be heartily sorry for all my past sins, and negligences, whereby I have offended Thee, and well nigh ruined my own soul. Give me Thy heavenly grace to believe in Jesus Christ as my only Mediator and Intercessor with Thee, who shed his precious blood upon the cross for us miserable sinners, and would not that any should perish, but that all should come unto God by him. O enable me to depend upon Him as my Saviour, and to obey Him as my Lord. Unite me to Him by faith and love, and cause me to serve him faithfully to the end of my days.

Look upon me, O Lord, with the eyes of thy mercy, give me comfort and sure confidence in Thee, defend me from every danger, and keep me in perpetual peace and safety, through Jesus Christ our Lord.

“The Lord is very pitiful and of tender mercy. He will not always be chiding, neither keepeth he his anger for ever.

“Though I walk through the valley of the shadow of death, I will fear no evil, for thou art with me, thy rod and thy staff they comfort me.”

The Lord bless us and keep us: the Lord lift up the light of his countenance upon us, and give us peace, now and for evermore.—AMEN.

Preserve this paper and read it again.

I would recommend you, as your Minister and Friend, to go over those parts of it which concern your spiritual state every week for many months to come. If you find yourself doubtful or deficient on any point, let it not discourage you.—Remember that prayer, reading the word of God, watchfulness, self-examination, and keeping the Lord’s Day holy, are the great means of growing in grace, and will always be blessed to the spiritual good of those who persevere in an exact and faithful performance of them. Be disciples of Jesus Christ, trust in his protection, live to his praise, and you will spend an eternity in his presence.

